



# Village Trumpet



Embrace the possibilities

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February 2015

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### *From our Administrator*

My decision to retire as Administrator from the Village is certainly bittersweet. I was very fortunate to have been able to serve residents and their families the last 22 years. I often felt we were like one big family. I want to thank you for giving me the opportunity to get to know you, as I will truly miss each and every one of you.

I am anxious to devote more time and energy to my family and especially looking forward to spending more time with my grandchildren.

Thanks again for all of your encouragement, many words of appreciation, kindness, and for your friendship. I will be thinking of you all, wishing you good health, happiness now and always.



The Village of  
**East Harbor**

A SENIOR LIVING COMMUNITY

Managed by Presbyterian Villages of Michigan

Look for PVM on:



Residents who use E-mail and have an E-mail address, please forward this information to Denise Funke, [dfunke@pvm.org](mailto:dfunke@pvm.org) so that our files and communication efforts can be updated. Thank you.



## Chat with Chaplain Pat

Since we are in the month that is noted for love I am moved to share with you my infectious love for the Scriptures. Two people have truly influenced me in this love, Sister Dr. Amata Fabbro, Dominican and Dr. Martin Luther, Reformist.

Sr. Amata, a Scripture professor at Aquinas College in Grand Rapids during my initial college years, had such an infectious love for the Scriptures that it sent me on a lifelong study that gets richer every year. I am now pleased to share this gift among each of you.

Martin Luther, a 16<sup>th</sup> century reformist, had an infectious love for the Scriptures. Pastor Martin's last writing was a short message written on a slip of paper the day before he died. This note was found on a table next to his death bed. What was on the note? Words of praise for the Bible and an appeal to read it with a humble spirit (this note is recorded in Luther's Works 54:476). Fitting last words for a man whose adult life was marked by an intense love for the Scriptures of God.

The Scriptures for me is like a dear friend that you want to spend more time getting to know. That is the reason a constant piece of the spiritual programming at the Village is aimed at Bible study. That is the reason for my passion in teaching, preaching and living the Gospel as I minister alongside each of you.

I encourage you to continue to partake of the poetry, history, geography, context and cultural practice of the Scriptures as we all strive to fall deeper in love with God in this New Year. In and of itself, these things wouldn't mean as much for, as Mary Baker Eddy commented, "take away the spiritual signification of Scripture, and that compilation can do no more for mortals than can moonbeams melt a river of ice."

The goal for all this Bible study to me is simply to know God more, to feel God's presence and infectious love. As the Bible's treasures are unlocked, we echo the prophet Jeremiah's words: *"The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee."* (Jeremiah 31.3 NKJV)

## I Remember Trucks, Boats and Running Horses by Fred Pankow

They sit with telephones, iPads and other electronic gadgets about which I am ignorant. Often they write in sentences using substitute words little understood by us “ole” folk. They often omit capitalization and proper sentence structure is not essential. They are many of the children of this generation. Is harm being done to the intellectual growth of the youth around me? I believe they are learning far more than my generation learned at the same age but are they missing something? Are they missing fun?

They do not know the wonder of looping a string through the holes in the middle of a button then twisting the string many times so that it could be pulled when wrapped around a finger on each hand as if expanding the bellows of an accordion; if pulled fast enough the button would sing. I see no child running to make a steel barrel hoop roll along by being pushed with a T shaped stick. Do they still recycle their kites using newspapers and flour made glue? A pocket knife is an essential tool; how else does one play Mumbley Peg?

I wonder if they think about making toy trucks to run on the hills and roadways built on the dirt floor of the neighbor’s garage. The vehicles became farm trucks when they were pushed along the lanes between the stacked wheat on the sides of these roads. Mothers’ empty thread spools became the wheels of these trucks. The wheat bundles were corn tassels cut short and tied together then stacked as real farmers did with wheat sheaves. Our trucks had no motors so we generated the sounds with our lips. We could even demonstrate how hard the engines worked by the sounds we made as we shifted gears.

Pet milk cans (closed at both ends) stomped on so they wrapped around the bottom of the heels of our shoes produced the sound of a running horse. You slapped your own butt to make the horse run faster.

We were not confined to the land. Anything holding water would do: a tub, a ditch, a stream. A boat was a flat piece of wood pointed at one end. A square notch cut from the rear would made space for a paddle wheel. A rubber band wrapped around the paddle was looped over the rear port and starboard sides. Wind the paddle many times; place the boat in the water and let her rip. She would go forward and reverse depending on how the paddle was wound. A stick stuck through a piece of paper, in two places, then inserted in a hole in the top surface of a piece of wood made a wind powered sail boat.

Most houses were without land lines (telephones) but we had them. Two tin cans connected by a taught string did the job.

Were we learning simple math, physics, sociology and teamwork? Perhaps that kind of toy building produced the men and women who built the iPod, pocket telephones without wires, Kindles for storing hundreds of books, automobiles without drivers and rockets to the moon.

Much has been made of the “progress” which is compounded with each generation. But! I hope there are children somewhere who are doing things like making toy trucks for pretend farms and wooden boats that sail the waters of a ditch. Perhaps it is in today’s robotic’s classrooms and media centers without books, that dreams are dreamed. Is that where I will find my “Trucks and Boats and Running Horses” of yesterday?

***This month we have a guest columnist, Morgan Nelson, an intern from Oakland University's Wellness, Health Promotion & Injury Prevention Program***



## Be Happy & Well In Your Relationships Through Constructive Communication

February is a month in which we really focus on building and enhancing the relationships with our loved ones. Through constructive communication we can respect the well-being of the people we hold dear as well as our own. Here are some communication techniques that you can practice with your loved ones to help build and maintain positive, harmonious, and rewarding relationships:

1. **Think positive** – Keep a positive mindset and attitude. Always look for a solution to barriers in communication.
2. **Center yourself** – Take a deep breath. Think about what you truly want to say before you say it.
3. **Specify** – Be specific about what you would like your loved one to do, or what you'd like to see your loved one do more of. Thank them for it and appreciate it in advance!
4. **Share your feelings** – Describe your feelings to your loved one in a calm, genuine, and non-accusatory manner.
5. **Be understanding** – Try to understand your loved one's perspective; put yourself in their shoes to help build empathy.
6. **Accept responsibility** – Take part in sharing a problem or challenge with your loved one. This sharing in a problem will show that you are interested in solving the problem *together*.
7. **Offer to help** – Ask your loved one: "How can I help *you*?" Act on the offer!







Get ready for a red hot February at The Village of East Harbor! Wear red at every opportunity, in recognition of Heart Health Awareness Month, and take advantage of all the fun things we have planned for you. Above all, stay healthy and care for your heart!

Speaking of red hot, our resident, Linda Aderman, has generously agreed to share her secret recipe for her chili that won first place at our Winterfest. It was so good, there were no samples left at the end of the afternoon! Thank you, Linda, and congratulations!

### **Linda's Award Winning Chili**

1-1/2 lbs ground chuck

1 small-med onion, chopped

2 large garlic cloves, crushed (she uses elephant garlic - larger cloves and milder flavor)

Brown the ground meat in a skillet, drain excess fat. Add onion and garlic, mix together and set aside.

In a slow cooker (crockpot), combine

1 qt tomato sauce

1 qt crushed tomatoes

2 cans kidney beans – 1 hot, 1 regular

1 Tbsp garlic powder, or to taste

1 tsp salt

1 tsp pepper

2 envelopes dry chili mix – 1 hot, 1 regular

1 envelope dry enchilada mix

Add cooked ground chuck mixture and stir well to blend.

Take 1 ghost pepper (These can be found in most produce sections, they are orange, round and very hot). Cut a slit in the pepper and place it in the chili mixture for no more than 10 minutes and remove.

Cook on low for 8-12 hours. Top with shredded cheddar and a dollop of sour cream if you like, just before serving .

# Office Numbers

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**Beauty Salon – 716-7180**

**Chaplain – 716-7438**

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*Rod Brandt*

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*Kim Frabotta, AgilityTherapy*

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*Toni Greig*

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*April Myers 716-7397 & Nancy Smiley 716-7183*

**Sales & Leasing Manager – 716-7221**

*Carolyn Martin*

**T.C.U. Admission Specialist – 716-7427**

*Sue McCallum*



- 2/3 Ivor Mason
- 2/5 Kenneth Harder
- 2/6 Mary Brigulio
- 2/7 Arlene Michelson
- 2/7 Audrey Bolton
- 2/10 Helen Beaudin
- 2/11 Nancy Stager
- 2/13 Donna Wallis
- 2/16 Celeste White
- 2/17 Nona Palonis
- 2/20 Frank Roche



# HEALTHY EATING FOR SUCCESSFUL LIVING

February is heart healthy month so do something beneficial for your body by joining this [evidence-based program!](#)

This program runs for 6 weeks,  
meeting every Tuesday  
in the Fitness Center  
from 2:30-4:30 starting on February 3rd

Be a part of this FUN, social and supportive program whose goal is to promote knowledge of heart and bone healthy foods, goal setting and problem solving

Sign up for this program  
In the binder, located in the main lobby

Seats are limited, so

don't wait!



# FUNCTIONAL FITNESS ASSESSMENTS!

**Sign up in the Binder**

**Located in the Main Lobby!**

Lisa Sonnenberg / Mallory Duncan

Office Phone: 586.716.7164



Fitness Assessments are an important part of maintaining a healthy lifestyle and are a great way to discover your level of fitness so you can set goals to improve. If you participated last year, come back to track your progress and improvements! If you have never had a fitness assessment, join us to start keeping track of your physical fitness!

## WHEN?

- Tuesday, January 27<sup>th</sup>  
10:00am – 11:30am
- Friday, January 30<sup>th</sup>  
2:30am – 4:00pm

## WHERE?

- Fitness Center

## FITNESS ASSESSMENT INCLUDES:

- Chair Stand Test
- Chair Sit-and-Reach Test
- Arm Curl Bicep Test
- Back Scratch Test
- 2 Minute Step in Place Test



# CHILI COOK-OFF





# Judges



# Chili



# WHAZZUP with wellness.....

## UPCOMING EXCURSIONS

Friday, February 6

**Lunch Around the World**  
**Inn Season Café, Royal Oak**  
**Vegetarian**

11:00 am    \$\$\$ on your own

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Wednesday, February 11

**Women's Lunch Bunch**  
**Chili's**

12:00 am    \$\$\$ on your own

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Tuesday, February 24

**Men's Luncheon**  
**Activity Room**

12:00 am    I/L \$12.00

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Wednesday, February 25

**Ann Arbor Museum Tour**  
**U of M Museum of Art &**  
**Museum of Natural History**  
**Lunch-Zingerman's**

9:00 am    \$\$\$ on your own

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Friday, February 27

**Movie & Lunch**

**Please note: Movie will be announced one day prior to event**

9:30 am    \$\$\$ on your own

## WELCOME NEW RESIDENTS!

We welcome these new residents to our

Village of East Harbor Family:

**Teresa Gregiore– R2**

**Wilma Lee– 410 Barnett**

**Jerry Blake– 503 Capman**

The Wellness Department is hosting a Meet your Neighbor/Resident Coffee social following the Resident Association Meeting.

Tuesday, February 10 at 1:30pm in the Activity Room.

## FEBRUARY HIGHLIGHTS...

FEBRUARY 2 GROUNDHOG DAY/REPEAT BINGO (AR)

FEBRUARY 5 MAKE VALENTINES CARD (AR)

FEBRUARY 6 NATIONAL WEAR RED DAY

FEBRUARY 9-13 GO RED WEEK

FEBRUARY 13 VALENTINES PARTY, 1:30 (AR)

FEBRUARY 17 FAT TUESDAY/PACKZI PARTY, 1:30 (AR)

FEBRUARY 18 ASH WEDNESDAY

FEBRUARY 19 BIRTHDAY ENTERTAINMENT, GARY SACCO.  
FRANK SINATRA IMPERSONATOR, 1:30 (AR)

FEBRUARY 24 NATIONAL CUPCAKE DAY, 1:30 (AR)

FEBRUARY 26 LEVIS DAY/ NAME THAT TUNE, 1:30 (AR)

**Great Lakes Legal will provide legal service on the fourth Tuesday of every month,**

**1:00-4:00pm.**

**Please sign up in the Lobby.**

# WHAT'S NEW?

## JEOPARDY

First Monday of the Month starting March 2, 10:00am, Activity Room

Test your knowledge across a wide range of topics and play against other residents.  
Played on the big screen!

## CROSSWORD PUZZLE

Mondays (except the first), Starting February 9, 10:00am, Activity Room.

Join your fellow residents to complete this traditional puzzle.

## DOMINOES

All levels welcome!

Thursdays in February, 10:00am, Activity Room

## LUNCH AROUND THE WORLD

First Friday of the Month. 11:00 am, Sign up in Lobby

Visit restaurants from different countries and cultures.

## AFTERNOON WITH AN AUTHOR



### **BRUSH UP ON YOUR ORAL HEALTH KNOWLEDGE**

**WEDNESDAY, FEBRUARY 4**

**2:00PM**

**ACTIVITY ROOM**

#### **Learn tips for better dental health!**

- **Proper way to clean dentures**
- **Equipment to maintain better dental health**
- **How medications can affect oral health**







## **Birthday Entertainment**

Gary Sacco, Frank Sinatra Impersonator

Gary has appeared at various nightclubs and restaurants that include, Andiamo's, Gino's Surf, Jack's Waterfront and Petruzzellos.

February 19

1:30pm

Activity Room

## *Make a Valentines Day Card With a Matching Box*



*Thursday, February 5*

*1:30pm*

*Activity Room*

## **AFTERNOON WITH AN AUTHOR**

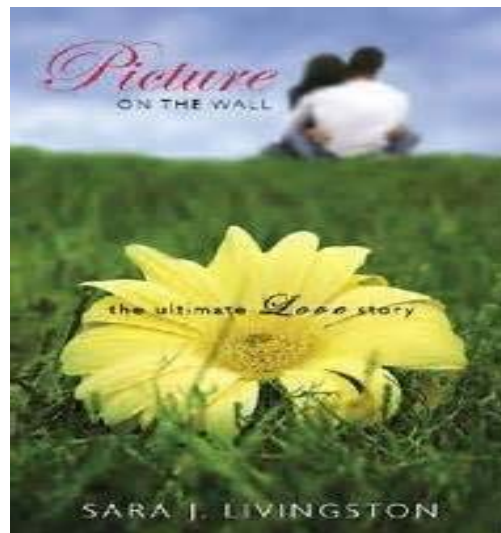
This month's guest  
*Sara J. Livingston*

Author of  
*Picture on the Wall*

Friday, February 13

1:30pm

Activity Room



# National Wear Red Day®

## FRIDAY, FEBRUARY 6

Join us in the Activity Room for a Group picture

1:30pm AR



Heart disease—it's not just a man's disease. Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

When it comes to beating heart disease and stroke, change can be the cure.

Wear red to raise awareness and help save women's lives.

National Wear Red Week ~ February 9-13

**Monday, February 9, 10:00 am (AR) Make a Red Craft with Amy**

**Tuesday, February 10, 9:00 am (AR) Bake a Heart Healthy Treat**

**Thursday, February 12, 11:00 am (AR) Blood Pressure**

**Friday, February 13, 10:00 am (AR) Heart Healthy Presentation**

**Friday, February 13, 1:30 pm (AR) Valentines Day Celebration**

